



Walters State Community College Course Syllabus

Course Information

Course Number and Name: PHED 2000 Personal Wellness

Section ID: 80698.202380

Semester and Year: Fall 2023

Credit Hours: 3

Start Date: August 21, 2023

End Date: December 08, 2023

Course Format: HYB - Hybrid (Web-Assisted Classes)

Catalog Course Description: A compilation of health-oriented wellness dimensions designed to expand students' potential to live fuller lives, through behavioral and social science constructs while integrating various aspects of fitness that contribute to the quality of life. **F,S**

General Education Course Designation: General Education Course

Meeting Details: MW; 11:10AM - 12:35PM; MBSS 122

Course Drop Deadline: October 27, 2023

Instructor Information

Name: Cary Jenkins

Role: Professor

Office Location: MBSS 120

Office Hours: Posted on office door

Office Phone: 423-585-6761

Email: cary.jenkins@ws.edu

Supervisor Name: Whitney Jarnagin

Supervisor Phone: 423-585-2636

Secretary Name: Lisa Horner

Secretary Phone: 423-585-2633

Required Textbook(s) and Materials

Concepts of Fitness and Wellness.

Subtitle: A Comprehensive Lifestyle Approach

Authors: Corbin

Publisher: McGraw-Hill

Edition: 13th edition

Supplemental or Optional Materials

Athletic apparel

Student Learning Outcomes/Objectives

- 1. Given data students will analyze various wellness goals and initiatives to construct a written philosophical stance that is titled, appropriately designed, and emphasizes the most important information.
- 2. Given the scientific literature, explore and assess the determinants of chronic disease that affect human lifespan.
- 3. Identify, interpret, and discriminate various health-related fitness structures that lead to planning and execution of a healthy lifestyle.
- 4. Critically review the principles of good health, nutrition, and exercise, and design a customized plan of action (based on logged experience) that serves to inhibit hypokinetic conditions.

Instructional Approach and Methods

During the Fall 2023 semester this course will be offered in a hybrid format. The hybrid format **for this course** is defined as follows:

Class Meeting Time & Day: Monday and Wednesday at 11:10 - 12:35. The first class meeting will be in Teams. I will supply the course link. Please download the App for Microsoft Teams to prepare for the course.

The class will meet via virtually on Mondays for chapter discussion with class time designated on Wednesday for skills activity practice and evaluation.

- **Assignments:** The week's lesson and assignments will be presented on Monday and the students will be expected to complete the assignments with expediency throughout the week and duration of the term. A calendar with due dates is available to keep you on track.
- **The course will meet throughout the semester in an on-ground** format to assess physical skills including evaluation of the final physical skills exam. In case of a school closure, the assessment will be performed outside of class and presented via a technological confirmation (Apps-Teams-Pics).
- **Testing/Lab/Clinical:** All course testing dates will be addressed in meeting and through a calendar offered in the course eLearn calendar. All written exams will be proctored in Teams.
- **Minimum Technology Requirements:** Students will need access to reliable computer technology and internet. It is not a requirement to have a Smart Phone, however, it would be helpful to access Apps and take and submit Pics.

Assessment, Evaluation and Testing Procedures

Assessment Procedures:

Written Exams (3)	100 points each
Lab Presentations (Portfolio component)	110 points
Workout Log Presentations (Portfolio component)	40 points
Fitness Skills and Analysis Exam	100 points
Wellness Philosophy	50 points
Menu/Fitness Plan Design	50 points
Quiz Completion (15)	150 points

Grading Scale

A	720-800
B	640-719
C	560-639
D	480-559
F	below 480

Assignments

Laboratory and Log (Exercise) Presentations/Portfolio:

Each laboratory assignment will have a stated purpose, conclusion and implications section that will require forthright and critical thinking. The purpose for each lab is stated at the beginning of each respective lab activity. For example, the purpose for laboratory 1A is to assess self-perceptions of wellness. The conclusions and implications sections should be completed in 3-5 sentences that are correct in structure and demonstrates critical thought. Each student is also responsible for formulating, implementing and documenting an exercise program. The exercise program logs are to be included in the laboratory portfolio Drop box. The exercise program and log material should provide an assessment framework for successful performance on the skills examination. They will be submitted to the Drop box in sequential order and on the dates listed in outline/schedule for credit. Seek additional reading at course website for course outline and schedule.

Philosophy statement:

Develop a wellness philosophy based on wellness dimensions and the social institutions that stand to foster their development. The philosophy should include statements relevant to increasing wellness in diverse (wide ranging) populations, yet identify specific behaviors that have been proven to increase the likelihood of increasing an individual's quality of life.

Menu/Exercise Plan:

Develop a menu based on the six essential nutrients. The menu will include the food item, percentage of daily intake, calories per nutrient gram, and healthy and unhealthy examples of the nutrient choice. The exercise plan is to be developed according to the exercise pyramid. Each level and category of the pyramid is to be represented by integrating the FITT formula into a category week activity plan. Examples of each type of activity are to be included in the plan. In cases of stretching and weight training, 4 exercises should be identified for the upper body (agonist/antagonist), and 4 exercises for the lower body (agonist/antagonist).

Quiz Completion:

Students are expected to complete the syllabus, pre-test, post-test, and chapter quizzes from the course e-learn site. The chapter quizzes are to be completed at 90% proficiency to obtain credit. The chapter quizzes are to be completed on a chapter basis. Students will be allowed to take the quizzes as needed, or on an unlimited basis until the desired proficiency is obtained. The time window to take and pass the quizzes is based on the chapter being studied. The window will close at the chapter week end. The pre-test and post-test quizzes will not be graded for a proficiency level, although all students are expected to do their best. Each student will be awarded full credit for completion of the pre and post quiz results.

Class Participation

Class Participation - Attendance

All in-person absences over two will result in a one letter drop in your grade. A total of five in-person and on-line absences will result in being dropped two letter grades. If you have seven or more total in-person and on-line absences the result is a grade of "F".

Course and Class Policies/Procedures

No late work is accepted: To accommodate for life happening and to treat everyone in the course fairly, I have created the following opportunities as a support for you in this course. And, while I would not advocate your use of these opportunities unless absolutely necessary, things do happen. If you find yourself in the situation you have had to miss an **(one)** assignment **(Not a Quiz or Exam)** and not able to drop an assignment into a Drop box, the following options are available to you. All assignments submitted through the Late Drop box will only be able to earn **half** of their original credit. **There is no make-up for Quizzes.** In that each of these Drop boxes are set to specific assignment values and rubric usage, please ensure you place the assignment within the correct Drop box. In order to take an **Exam** through this option, you will need to contact me and make that request.

Class Assignments - A Drop Box for Late Class Assignments has been created that will accept one late Class Assignment. The Drop Box will close November 27.

Additional Course Requirements/Details/Information

PHED 2000 Fall 2023 Calendar Dr. Jenkins

Personal Wellness Calendar Fall 2023 – HYBRID will meet virtually in Teams.

Course Week	Chapter	Activity
Week 1 – Aug. 21	Chapter 1	<ul style="list-style-type: none">• Orientation• Pre-test quiz (8/23)• Lab 1 (8/25)• Quiz 1 (8/25)
Week 2 – Aug. 28	Chapter 2	<ul style="list-style-type: none">• Physical Skills Baseline (Program - circuit introduction Aug. 30)• Quiz 2 (9/1)• Lab 2 (9/1)
Week 3 – Sept. 4	Chapter 3	<ul style="list-style-type: none">• Quiz 3 (9/8)• Lab 3 (9/8)
Week 4 – Sept. 11	Chapter 4	<ul style="list-style-type: none">• Quiz 4 (9/15)

		<ul style="list-style-type: none"> • Lab 4 (9/15)
Week 5 – Sept. 18	Chapter 5 -	<ul style="list-style-type: none"> • Quiz 5 (9/22) • Lab 5 (9/22)
Week 6 – Sept. 25	Chapter 6 - Exam 1 – 9/27	<ul style="list-style-type: none"> • Exam 1 (9/27) • Quiz 6 (9/29) • Lab 6 (9/29)
Week 7 – Oct. 2	Chapter 7	<ul style="list-style-type: none"> • Physical Skills Analysis 10/4 • Portfolio workouts due – Friday (10/6) • Quiz 7 (10/6) • Lab 7 (10/6)
Week 8 – Oct. 9-10	Fall Break Oct. 9-10	<ul style="list-style-type: none"> • Chapter 8 (10/11) • Philosophy Discussion
Week 9 – Oct. 16	Chapter 8	<ul style="list-style-type: none"> • Quiz 8 (10/20) • Lab 8 (10/20) • <u>Feedback for Philosophy due (Friday) (10/20)</u>
Week 10 – Oct. 23	Chapter 9	<ul style="list-style-type: none"> • Physical Skills analysis, Wednesday (10/27) • Quiz 9 (10/27) • Lab 9 10/27) • <u>Philosophy due (Friday) (10/27)</u> • Last Day to Drop 10/27
Week 11 – Oct. 30	Chapter 10	<ul style="list-style-type: none"> • Quiz 10 (11/3) • Lab 10 (11/3)
Week 12 – Nov. 6	Chapter 11	<ul style="list-style-type: none"> • Quiz 11 (11/10) • Lab 11 (11/10)
Week 13 – Nov. 13	Exam 2 – 11/15	<ul style="list-style-type: none"> • Exam 2 Wednesday (11/15) • Quiz 11 (11/17)
Week 14 – Nov. 20	Chapter 13	<ul style="list-style-type: none"> • Chapter 13 • Anthropometrics 11/20 -Stretch/Grip strength • Portfolio workouts due (11/24) • Quiz (11/24)
Week 15 – Nov. 27	Chapter 14	<ul style="list-style-type: none"> • Menu and exercise plan due. (Monday) (11/27)

		<ul style="list-style-type: none"> • Physical Skills exam (11/29) • Quiz (12/1)
Week – Dec. 4-7	Final Exam	Finals Week

Academic Honesty

Faculty expect all students to refrain from acts of academic misconduct including but not limited to:

1. Plagiarism - refers to using another person's ideas or writing without giving proper credit to the original source. Indulging in this type of conduct will subject the student to disciplinary sanctions, which may be imposed through the regular institutional procedures of Walters State Community College as outlined in the Student Handbook. Plagiarism will result in a grade of "0" for the paper/exam/presentation. Student Conduct and Disciplinary Sanctions contained in the college Catalog/Student Handbook apply (see policy 04:18:02 Disciplinary Sanctions).

Plagiarism includes, but is not limited to the following:

- a. Using cut/paste tool from original document with no references given.
 - b. Copying another student's work and submitting it as one's own.
 - c. Forging or otherwise altering signatures.
 - d. Giving or falsifying academic documents or materials.
2. Cheating - construed as attempting to deceive or mislead which includes, but is not limited to the following:
 - a. Utilizing old tests, projects, notes or written papers.
 - b. Providing unauthorized information to a fellow student about exam content.
 - c. Receiving unauthorized aid from any source with quizzes, examinations, or other assignments.
 - d. Seeking information in an unacceptable manner during/preceding an exam or other assigned work (cheat sheet, verbal exchange, looking at another person's paper or electronic device, utilizing headphones, using textbook when the test/quiz is not an open book test/quiz, using textbook test bank etc.).
 - e. Consulting with a classmate or others when taking a computerized test.
 - f. Disregarding other specific policies and procedures outlined for a particular class.

- g. Utilizing unapproved technology/electronic equipment during testing (i.e.: mobile devices such as cell phones, smart devices, or tablets, etc.).
 - h. Using the same Internet Protocol network address (IP address) as another student for testing without approval from the course faculty.
3. The use of any generative artificial intelligence (AI) tool, such as OpenAI's ChatGPT, Google's Bard, or any other pre-trained language model (commonly referred to as "chatbot"), must be cited for any assignment where it has been used and may not be used unless specifically allowed by your instructor. Please see your instructor or the course policies within the syllabus if you have questions.

Student Resources

TUTORING SERVICES

Students in need of tutoring assistance are encouraged to contact the Office of Student Tutoring located as follows:

- Morristown Campus - Student Services Building Room L107 - (423) 585-6920
- Niswonger Campus - GRNV 226 - (423) 798-7982
- Sevierville Campus - MMH Room 210 - (865) 286-2787
- Claiborne Campus - Room 123A - (423) 851-4761

Specific tutoring assistance in mathematics and writing is available in-person and online as follows:

- Morristown Campus - English Learning Lab - HUM 120 - (423) 585-6970

[Walters State English Learning Lab \(opens in new window\)](https://www.walters.edu/academics/humanities/writing-lab)
[ws.edu/academics/humanities/writing-lab](https://www.walters.edu/academics/humanities/writing-lab)

- Morristown Campus - Mathematics Lab - MBSS 222 - (423) 585-6872

[Walters State Mathematics Learning Lab \(opens in new window\)](https://www.walters.edu/academics/mathematics/learning-lab)
[ws.edu/academics/mathematics/learning-lab](https://www.walters.edu/academics/mathematics/learning-lab)

TECHNOLOGY SUPPORT

Students who need assistance with computing and technology issues should contact the IET Helpdesk by phone at Morristown: (423) 318-2742; Niswonger: (423) 798-8186; or Sevierville: (865) 286-2789 or on-line access.

[Walters State Helpdesk \(opens in new window\)](#)
helpdesk.ws.edu

STUDENTS WITH DISABILITIES SUPPORT SERVICES

Students with disabilities must register with Student Support Services each semester in the Student Services Building, Room U134 (phone (423) 585-6892) if they need any special facilities, services, or consideration.

[Walters State Student Support Services \(opens in new window\)](#)
ws.edu/student-services/disability/

SUICIDE PREVENTION STATEMENT

Walters State is committed to and cares about all students. Support services are available for any person at Walters State who is experiencing feelings of being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help, contact the National Suicide Prevention Lifeline by calling or texting 9-8-8 or the Trevor Lifeline at 1-866-488-7386. Veterans may also contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.

Walters State has a relationship in place with the following community agencies to provide services (may include crisis referral services, prevention screenings, etc.):

- Cherokee Health Systems 423-586-5032
- Frontier Health 423-467-3600

College Policies

STUDENTS HANDBOOK AS OFFICIAL GOVERNING DOCUMENT

This class is governed by the policies and procedures stated in the current Walters State Community College Student Handbook. All students attending Walters State Community College, regardless of the time, location, or format of the class, must abide by the rules and regulations outlined in the current Walters State Catalog/Student Handbook and the current Walters State Timetable of Classes.

[Walters State Catalog \(opens in new window\)](#)
catalog.ws.edu/

[Walters State Timetable of Classes \(opens in new window\)](#)
ws.edu/admissions/registration/

PURPOSE, LIMITATIONS AND MODIFICATION OF SYLLABUS

This syllabus sets forth the expectations for the course content, work, and grading as well as expectations for student performance and conduct. The syllabus does not constitute a contract between the student and the instructor or the College. The information contained here is subject to change at any time. The instructor reserves the right to modify this syllabus at any time with written notification to the students. Though changes are possible, it is expected that the course will be conducted as described in this syllabus for the semester/year specified in the Course Information section of the syllabus. This syllabus is only valid for the semester/year specified and course requirements are not guaranteed for future semesters.

COURSE GROUND RULES

- Students must attend the first day of on-ground class or contact the instructor prior to the first class. Failure to do this may result in being dropped from the class. Excessive absences may substantially lower the course grade.
- Regular class attendance is a student's obligation for any course regardless of format. (See the Walters State Catalog/Student Handbook). If a student misses class, it is his or her responsibility to contact the instructor regarding missed assignments and/or activities and to be prepared for the next class assignment.
- Students enrolled in web courses must follow the course attendance policy defined for online attendance during the first week of class and throughout the term. Failure to do this may result in being dropped from the class during week one OR may result in the accrual of absences which may negatively impact the student's grade in the course.
- Students who have not paid fees on time and/or are not correctly registered for this class and whose names do not appear on official class rolls generated by the Walters State student information system (MyWS) will not be allowed to remain in class or receive credit for this course.
- Electronic devices must not disrupt the instructional process or college-sponsored academic activity. Use of electronic devices is prohibited unless use of the device is relevant to the activity and use is sanctioned by the faculty member in charge. Electronic devices that are not relevant to the activity or sanctioned by the faculty member in charge should be set so that they will not produce an audible sound during classroom instruction or other college-sponsored academic activity.

FINANCIAL AID

Students receiving any type of financial aid or scholarship should contact the Financial Aid Office before making any changes to their schedule. Schedule changes without prior approval may result in loss of award for the current term and future terms.

All forms of student Financial Aid may be jeopardized or lost due to the lack of Satisfactory Academic Progress in one or multiple courses. Lack of Satisfactory Academic Progress may negatively impact a

student's degree/certificate completion pace and further jeopardize Financial Aid eligibility.

CANCELLATION OF CLASSES AND ACADEMIC CONTINUITY

For information related to the cancellation of classes due to inclement weather or other events, please check the Senators Emergency Text system or the college's Web site at:

[Walters State Homepage \(opens in new window\)](#)

ws.edu/home/

[Walters State Facebook page \(opens in new window\)](#)

<https://www.facebook.com/WaltersState/>

[Walters State Twitter page \(opens in new window\)](#)

<https://twitter.com/waltersstate>

or call the college's student information line, 1-800-225-4770, option 1; the Sevier County Campus, (865) 774-5800, option 7; the Niswonger Campus (423) 798-7940, option 7; or the Claiborne County Campus, 423-636-6200, option 7. Also, please monitor local TV and radio stations for further announcements.

When an event or disaster interrupts the scheduled operations of the college and the ability to proceed with the academic course activities as planned, the college and your instructor may alter the course plan outlined in the syllabus. Should an event occur, students should refer to their course e-Learn pages and/or class materials previously delivered to receive guidance from their instructor. Students should continue to monitor the official college channels of communication listed in the above paragraph. If you would like to sign up for the Senators Emergency Text system, please go to the following Web site:

[Senator Emergency Text System \(opens in new window\)](#)

ws.edu/set/

Dual Enrollment students attending on a high school campus should refer to the high school inclement weather cancellations.

LEARNING MANAGEMENT SYSTEM

Brightspace (commonly known as eLearn or D2L) is the college's Learning Management System (LMS).

Brightspace is committed to accessibility by "deliver[ing] a learning experience that meets the needs of all people, regardless of age or ability." [Brightspace Accessibility Standard \(opens in new window\)](#)

Brightspace is also committed to guarding student data and privacy. [Brightspace Privacy Policy](#) ([opens in new window](#)).